



the ST LAWRENCE academy

October 2016

Dear Parent/Carer

RELATIONSHIP & DRUGS EDUCATION

It is a requirement of schools to provide a programme of Health Education including Drugs Education for students throughout their secondary school career. We provide such a programme alongside other topics within the academy Raising Aspirations Days, in addition to various workshops throughout the academic year.

Below is a guideline of the basic content of the programme for each year group:

Year 7	Making decisions What I think about drugs What are drugs? How they work and why people use them Alcohol and tobacco	Year 10/11	Drugs awareness and information Drugs use and harm Drug misuse Risks involved in drug taking Drugs and the law The historical perspective Resisting the pressure Sexual relationships Risks and contraception
Year 8	Myths and facts about alcohol and tobacco Legal and illegal drugs Deciding about drugs Emotional resilience		
Year 9	Drugs awareness – inhalants, cannabis & other drugs Understanding and resisting pressure and temptation Healthy relationships/lifestyles Making a personal action plan Child Sexual Exploitation (CSE)		

We place our emphasis on making all students aware of what it means to live in a drug-using society. We aim to make students understand the benefits of, for example, prescribed drugs and the advantages of living in an environment which is free from drug abuse. We also aim to make students aware of the disadvantages and potential harm from drugs. We are told by the experts that to simply tell young people that it is wrong to take drugs is unhelpful. Therefore, we provide students with a number of opportunities to become informed about the benefits and risks associated with drugs. We also concentrate on the many strategies young people can use to avoid the pressure and temptation to misuse drugs in all their forms.

We believe it is every young person's right to have this knowledge and these skills in order to be free and safe in today's society. Our programme begins in Year 7 to provide continuity of Drugs Education that began for your child in Primary School. The programme of Relationship Education is delivered through regular workshops.

Our programme encompasses knowledge about loving relationships, the nature of sexuality and the process of human reproduction. Relationship Education is set in a framework that values family life and is sensitive to the needs of individuals and the rich variety of cultures that exist in the academy. We are delighted to incorporate into our Year 8, 9 and Year 10 programme the expertise of our local Youth Service. Their input has been a great success over recent years and the students have appreciated and enjoyed their particular contributions to the programme.

If you have any comments to make about the programme of Drugs Education or Relationship Education, please feel free to contact myself or the PSHCE Co-ordinator. You have the right to withdraw your child from Relationship Education lessons. Should you wish to exercise this right, you should do so in writing by addressing your letter to me.

Yours sincerely

Joan Barnes
Principal